

## Piriformis Stretch

**Starting position:** Lying on your back.

**Action:** Hold onto the outside of your left knee with your left hand and around the ankle with your right hand.

Pull with both hands up and across your body towards the right shoulder until you feel a stretch in your buttock. Hold for 30 seconds. Repeat on the other leg.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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